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Bag limit program will arrive in 2012

GARBAGE A limit on trash bags won't be in place in Calgary until 2012.

When implemented, Calgarians will have to pay for each additional bag of garbage. Ald. Ric McIver, who proposed the motion, said we shouldn't be waiting three years to reduce the amount of garbage.

"A bag limit program now would cost less in the long run and would keep a lot of garbage out of the landfills," he said.

A motion by McIver to have alternating weeks of recycling and garbage pick-up to save money was also voted down.

METRO CALGARY

ShareYourViews
 calgaryletters@metronews.ca

Sports pg 7

Green's day at the Open

Entertainment pg 13



Incubus bring greatest hits

Warmer weather Splish splash



Evelyn Evans, 24, splashed around with Dorian Ferris-Brown, 7, at the Riley Park outdoor public pool yesterday in temperatures that reached a high of 25 C. Environment Canada is calling for rain through today and tomorrow.

Club hits sour note

More bands allege unfulfilled gigs, prizes; bar vows to fix situation

KRISTA SYLVESTER
 krista.sylvester@metronews.ca

Six additional frustrated bands came forward after Metro Calgary's exclusive story last week on Cowboys allegedly failing to deliver contest prizes to winning bands.

The overwhelming response came after Metro spoke with Catherina Miranda and Atomic Aura, two musical talents who were allegedly told they would open for big name acts at Cowboys during the Stampede after winning

the Cowboys Star contest.

Local band Inner City Elegance claimed they were initially told they would also be up for a \$5,000 prize opening for Collective Soul, but after two months of competing, they were told two days before the finals there wouldn't be a cash prize or an opening spot for Collective Soul.

"After months putting effort into this competition, we ended up deciding not to play in the finals, because we knew it was pointless and we felt disrespected," the band said in an e-mail.

Another band, Sultan Pepper, said they were frustrated with the treatment they received from the popular nightclub during the contest.

"I don't think they care about local music at all, I think it's a publicity stunt. They treated us horribly and it's obvious they don't care," band member Travis Martin said.

Scarlet Lee, a spokesperson for Cowboys' parent company Pennylane, defended the contest, saying it has run successfully for several years with prizes always coming through in

previous events.

"I'm not sure what happened, but we want to do everything we can to rectify the situation. It's unfortunate it happened but we want to focus on fixing it now," Lee said.

Lee is not certain where this series of contests went awry, but said the club wants the winning bands to contact Cowboys so they can work something out.

"We really care about local musical acts and we have always come through in the past. This is an isolated, unfortunate incident this year," Lee said.

Alderman questions intent of bridge

AMY GREGSON
 for Metro Calgary

FUNDING A pedestrian bridge to be built across the Bow River — and now, to pay honour and respect to Canadian soldiers — has one alderman upset over its original intent.

Ald. Andre Chabot said yesterday that it was never discussed in city committee meetings that the bridge would honour troops.

"If that was the intent originally then it should have been stated right from the get-go," said Chabot.

Chabot believes that Calgarians would support the concept of the bridge, but not the \$22 million price tag that would have to be paid with taxpayer money.

Ald. Ric McIver said a better idea would be to rename one or more of the current bridges on Memorial Drive in honour of the troops, and spend the \$22 million elsewhere.

"Perhaps some people are using (honouring Canadian soldiers) to save their political skins on this issue," said McIver yesterday.

"We got more priority list that's unfunded than you can shake a stick at, and there are many high priority projects unfunded in favour of this low priority project," said McIver.

Councillors approved the name Peace Bridge yesterday for the new structure.



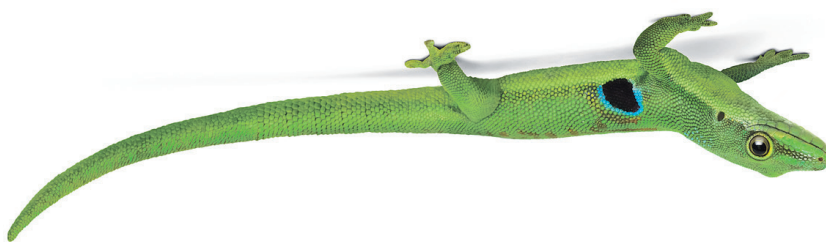
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Council calls for report on methadone clinics and land use bylaws

City Council passed a motion yesterday for a report to look into whether methadone clinics should be viewed separately or the same as medical clinics in terms of land use bylaws. This comes after the Second Chance Recovery Clinic faced controversy over moving into the community of Braeside. **METRO CALGARY**

3

Local



Fuel shortages in city

Gas stations in Calgary are running dry. A number of Petro-Canada, Esso and private operators are running out of fuel or have already run out. Two refineries were damaged by storms last week in Northern Alberta, although both came back into operation yesterday. A refinery problem last summer also caused gas shortages.

METRO CALGARY

Council to get report on parking pass discounts

Transit riders who use park and ride lots may be getting a break on fees.

City Council passed a motion yesterday to commission a report to look into offering a discount when a monthly transit pass and parking pass are purchased.

"There is a problem with what was intended and it's not fully been implemented," said Ald. Bob

Hawkesworth. "Hopefully we can find a way to fix it."



Hawkesworth

Hawkesworth proposed the motion to help deal with people parking in surrounding areas and empty lots. It also means that council will have to find other ways to fund extra transit hours, surveillance and security. The \$3 park and ride fee has been in place in all lots since the end of May.

AMY GREGSON/FOR METRO CALGARY

Accident victim laid to rest

Hundreds attend memorial for teen killed in U.S. car crash

KRISTA SYLVESTER
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To know Mikelle Hendrickson was to love her, according to her many friends and family at her memorial yesterday.

About 600 people packed into the Church of Jesus Christ of Latter-Day Saints to remember the popular 18-year-old who was killed last week in a Washington state car crash that also claimed the life of her friend Kylie Doxtater and left two others in hospital.

While Hendrickson's parents didn't speak at the funeral, her grandmother, uncle and cousin described what a loss it is to the family. "I may be Mikelle's cousin, but she was more like my little sister. There is just so much to say about her," Nyle Hartley



Family and friends mourned the death of Calgarian Mikelle Hendrickson, 18, killed last week in a Washington state car crash.

said, as he fought back tears.

"She always brought peace and always had a smile. She was the best person I ever met. She will

truly be missed."

Hendrickson's close friend Tyler Dryden spoke about the loving teenager during the eulogy that had many people passing

"Her love extended beyond those she knew and it was hard for us to understand how she loved people without knowing them."

Friend Tyler Dryden

around tissues as she was remembered for touching so many lives.

"Her love extended beyond those she knew and it was hard for us to understand how she loved people without knowing them," Dryden said explaining how Hendrickson had a quote on her wall, 'I love you without even knowing you.'

"This is so hard for so many people for so many reasons," Dryden added.

metronews.ca

What's online today.

Video Council to review rules governing medical clinics after the recent methadone clinic controversy at metronews.ca/local
Blogs Looking for love? Sexcetera has the right dating sites for you

Your Money Allan Small on the signs that the economy has finally turned the corner at metronews.ca/investing

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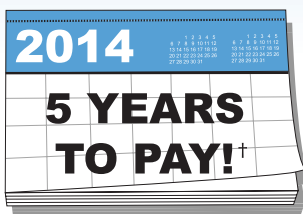
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Canada

Feds step up Arctic sovereignty efforts

Canada will wave the flag in the Arctic this summer with a show of force, a high-profile political visit and some undersea research it hopes will help lay claim to new areas of untapped oil and gas.

Ottawa's continuing focus on the Canadian North comes as other nations, notably Russia and Denmark, step up their own efforts to exercise northern sovereignty.

Canada and the United States today will discuss ambitious plans to jointly map vast sections of the

Development

- During Prime Minister Stephen Harper's summer Arctic tour, he's expected to visit Iqaluit, Nunavut, to talk about plans for a new regional development agency.

Arctic seabed, a process that will help each nation's sovereignty claims in the isolated region.

Next month, two ice-breakers, one from each country, will begin their work in the western Arctic

using sonar and seismic measurements to plumb and map the undersea depths.

"At the end of the day, each country will submit its proposition to expand its continental shelf," said a senior government official.

The mapping work is considered essential to Canada's bid to extend its territorial stakes as it collects research information needed to back its claim, due by 2013, before an international commission.

TORSTAR NEWS SERVICE

Canada to appeal EU's seal ban

TRADE Canada is admitting it has lost the "PR battle" as it turns to an international trade panel in a bid to overturn a European Union decision to ban Canadian seal products.

Just hours after the European Union Council confirmed its ban, federal ministers announced that they would appeal the case to the World Trade Organization.

Fisheries Minister Gail Shea charged that well-funded special-interest groups have turned the tide of public opinion in Europe against the seal hunt — and used the controversy to financial advantage.

"This has become a cash



Fisheries Minister Gail Shea pauses during a media conference yesterday with Trade Minister Stockwell Day in Ottawa.

cow for them," Shea said.

Yesterday, a majority of the 27 EU states voted to ban seal products, while giving an exemption to

products from "traditional" hunts by Inuit and other indigenous people "to ensure their subsistence."

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News in brief

CRIME Disgraced financial adviser Earl Jones, who had been missing for weeks and is suspected of defrauding dozens of investors out of millions of dollars, was finally arrested yesterday at his lawyer's office. Jones was an unregistered financial adviser on Montreal's west island for decades.

STRIKE The city of Toronto has reached a tentative deal to settle a strike by outside civic workers that had halted garbage collection and other services for more than a month, union officials said yesterday. The union representing about 6,200 outdoor workers gave no details of the agreement, which must still be voted on by union members.

METRO NEWS SERVICES

Dillinger pistol fetches \$95,600 at auction

A small pistol belonging to 1930s gangster John Dillinger has been sold at auction to a private collector for more than double the pre-sale estimate, the auction house said. **REUTERS**

5

World

Obama calls for closer ties with China

The United States urged China yesterday to spend more at home and export less to help restore a sustainable pace of global growth, saying the two countries shared common ambitions despite their divisions.

Opening two days of bilateral talks, U.S. President Barack Obama said America and China need to overcome mutual wariness and deepen co-operation on everything from the global economic crisis to climate change and North Korea.

"Let's be honest: We know that some are wary of

North Korea

• Obama said the U.S. and China "must continue our collaboration to achieve the denuclearization of the Korean peninsula and make it clear to North Korea that the path to security and respect can be traveled if they meet their obligations."

the future," Obama said, acknowledging the two countries would never see eye-to-eye on every issue.

"The relationship between the United States and China will shape the 21st

century, which makes it as important as any bilateral relationship in the world," he said. The Obama administration has sought to tread gently on sensitive issues, although the president risked Beijing's displeasure by urging it to respect its ethnic and religious minorities.

"Just as we respect China's ancient culture and remarkable achievements, we also strongly believe that the religion and culture of all peoples must be respected and protected, and that all people should be free to speak their minds," he said.

REUTERS

France Sarkozy to ease up a bit



France's President Nicolas Sarkozy waves as he leaves a Paris hospital yesterday. Sarkozy will reduce his workload for a few days after spending Sunday night in the hospital after falling ill while running, due to a combination of physical effort and tiredness, but not any cardiac problems, his office said.

News in brief

ELECTION Iran's opposition leader Mir Hossein Mousavi said yesterday the pro-reform protests which erupted after the country's disputed June presidential vote will continue, his website reported. On Sunday, defeated candidates Mousavi and Mehdi Karubi called on the authorities to permit a gathering Thursday at Tehran's Grand Mosala, a prayer location, to commemorate the victims.

U.K. British immigration workers have voted for a 48-hour strike over changes in work conditions, a union said yesterday, in a move that threatens to disrupt ports and airports during a holiday period.

EXPLOSION At least seven Palestinians were killed when fuel exploded in a smuggling tunnel beneath the border between Egypt and the Gaza Strip, Palestinian officials said yesterday. The accident was one of the worst on record in the dangerous and illicit Gaza tunnel network.

REUTERS

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

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Comment

This party will rankle PM

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

Much to the aggravation of Stephen Harper, Brian Mulroney won't go away.

Mulroney and friends are planning a huge party in Montreal in September to celebrate the 25th anniversary of their historic electoral triumph of 1984. That was the year the Progressive Conservatives won a record 211 seats.

Mulroney supporters were floating the idea of the big fete in the spring. It rankled Harper. He, we recall, had tried to make BM persona non grata in Conservative circles owing to the controversy with Karlheinz Schreiber, which was

recently detailed at the Oliphant inquiry. Harperites were hoping the rough ride Mulroney got in those hearings would nix the notion of holding an event in his honour.

Not so. Not only will it go ahead, it will be one of the biggest bashes the party has held. An estimated 700 will attend. Big-time Tories will be out in full force.

The Broadway production will likely be interpreted as Mulroney hoisting his middle finger at Harper, demonstrating that he is still a force to be reckoned with, that it was a big mistake to try to ostracize him. In highlighting 1984, he will be reminding the PM of what constitutes a real electoral triumph. As in, "Your puny minorities hardly stack up to what we did, Stevo."

The mid-September bash will come right when the next election could be triggered, right when party unity is most important. The Harper team upped the ante in the Mulroney dispute a while back when it put out the word that he was no longer even a member of the party. It was a typical Harper tactic, the likes of which we just saw at the G8 summit when he had to backtrack for making false accusations against Michael Ig-

natieff. Given the Schreiber affair, it's been understandable that the PM has wanted to keep Mulroney at a distance. But to go to such an extent was uncalled for. Now he faces the likelihood that the anniversary gala will evolve into a disruptive party loyalty test. With a show of generosity, Harper could avoid the trouble. All he has to do is support the event — put out a statement saying that Mulroney made a serious error of judgment in respect to Schreiber, that he has apologized for it, but in no way should it take away from his great triumph in 1984. "Let's all celebrate it."

He could take that constructive course, but it's doubtful. As has been often demonstrated, the guy has a vampire's need to draw blood.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Brian Mulroney



Worth mentioning

Love life also facing a downturn, poll reveals

Economic woes are taking a toll on marriages and relationships around the globe but the love life of Americans seems to be most stressed by the recession, according to an international poll.

Nearly 30 per cent of Americans claim the recession has added stress, strained or ruined their relationship or marriage, compared to 23 per cent of French and 12 per cent of Germans.

Americans also believe they will have to work an additional 10 years before being able to retire thanks to the downturn, which is

longer than Europeans or Canadians.

"Whether it's at home, in the boardroom or in the car showroom, people around the globe are affected by the recession," said Arkadi Kuhlmann, the president of ING Direct USA, which commissioned the poll.

"The long-term benefit is that people are cutting costs, saving more money, and learning to build a financial buffer for their future. Clearly, some of these global trends need to become a habit," he added in a statement.

REUTERS

Metro Online Poll Results

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80%
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Views

Aboriginal youth don't dare to dream



Laura Eggertson

It is not exaggerating to say Shawn Atleo, the new national chief of the Assembly of First Nations, carries to Ottawa the responsibility of improving the lives of the rising generation of young Aboriginals who could be one of Canada's greatest resources.

Among those Aboriginal youth are my own daughters, aged 18 and 15, and, come October, my first granddaughter.

As their advocate with the federal government, and the most visible symbol to most Canadians of First Nations' aspirations, part of Atleo's job is to voice the hopes and dreams

of young Aboriginals.

The problem, as my daughter Miranda tells me, is that many young people living on reserves where she has recently lived don't dare to hope.

"The native kids I know — they don't even have dreams," she says. "They just have to get through the day. They don't think about the future because it's the same thing every day."

Many First Nations youth Miranda has met during the last two years of her own journey wake up wondering if there's enough food. They seldom get up to an empty house; overcrowding is rife in inadequate housing on our First Nations. Often, they awake to the aftermath of substance abuse or violence in their communities. They may go to school; they may

FocusOn First Nations

not, if, at high-school age, they must board with strangers in bigger cities to go to school. Boredom is constant; with few full-time jobs for adults, part-time jobs aren't even an option for most youth on reserves.

Miranda wants a different life for her daughter. She wants her to be healthy and to live drug and alcohol free. She wants to give her a stable upbringing with her two parents, untouched by the child welfare system. She wants her to have access to an education, so she can stand on her own two feet. She hopes her daughter will keep busy and dare to dream.

Most of all, my daughter hopes her daughter won't experience the inter-generational trauma Miranda suffered, born of the residential school experiences of her family members.

Atleo can't do it alone. He needs a federal government receptive to his advocacy, and a Canadian population willing to improve the lives of our Aboriginal Peoples.

I hope the new leader, our politicians, and all Canadians are ready to assist the next generation of Aboriginal children and youth in creating opportunities.

For the sake of my granddaughter — and all the others.

Laura Eggertson is an award-winning freelance journalist based in Ottawa, and a former Nieman fellow at Harvard University.

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

NFL reinstates Vick

Quarterback Michael Vick has been reinstated to the NFL on a conditional basis and a decision on his return to action will come by the sixth week of the regular season, Commissioner Roger Goodell said yesterday. **REUTERS**

7

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Green's day at Open

Australian Nathan Green ended a gloomy week in brilliant style by beating South African Retief Goosen on the second hole of a sudden-death playoff to win the 100th Canadian Open yesterday.

After four days of torrential rain, thunderstorms and lightning forced the \$5.1-million tournament to a Monday finish, the skies finally cleared over Glen Abbey where Green fended off a late challenge from twice-U.S. Open champion Goosen to claim his maiden PGA Tour win.

Goosen rolled in a 15-foot eagle putt on the last hole of regulation play to join Green at 18-under and put pressure firmly back on the 34-year-old Australian, who still had two to play.



Nathan Green kisses the winner's trophy after winning the Canadian Open at Glen Abbey yesterday in Oakville, Ont.

Green, who twice birdied and eagled the 18th in earlier rounds, could not hold his nerve and settled for par to send the tournament to a playoff.

Stephen Ames was the

best of the Canadians, finishing in a tie for eighth six shots back, while former U.S. Masters champion Mike Weir bogeyed two of his final three holes to finish eight shots off the pace.

REUTERS

Sports in brief

FLAMES The Calgary Flames acquired forward Colin Stuart, defenceman Anton Stralman and a 2012 seventh-round pick from the Toronto Maple Leafs for forward Wayne Primeau and a 2011 second-round pick yesterday.

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Atlanta police say former world champion boxer Vernon Forrest exchanged gunfire with robbery suspects before being shot to death. A police spokesman said yesterday that investigators believe between 20 and 24 shots were fired from two guns on Saturday. **METRO NEWS SERVICES**

New Coyotes bidders plan Canadian games

A group of businessmen wishing to buy the Phoenix Coyotes has a creative plan for the team to play five games each season in Canada, likely in either Saskatoon or Halifax, to help keep it financially viable in Arizona.

Friday was the deadline in Arizona bankruptcy court for bidders who wish to keep the Coyotes at their Glendale home to submit their formal bids. One bid, from Chicago Bulls and White Sox owner Jerry Reinsdorf, was submitted and worth up to \$148 million (all figures US). Another group of Canadian and American businessmen, calling themselves Ice Edge Hold-

ings, submitted a "letter of intent" to buy the team. for \$150 million.

It has until Aug. 5 to get its bid on the table but is still raising capital. That day an auction will be held for bidders who wish to keep the team in Phoenix. If a bankruptcy judge rules that no bid is satisfactory for creditors, another auction will be held Sept. 10 for bidders, such as Jim Balsillie, who wish to move the team.

"Today we couldn't to it but that doesn't

mean we (can't get the bid completed) a week from now," said Ice Edge Holdings' spokesperson Daryl Jones, an Albertan.

"If we didn't think we could, we'd stop working on it. We're working on this day and night. It's an incredibly complicated situation."

Jones said his group's plan is to keep the Coyotes in Arizona but he said games in Canada would augment revenues for the team and bring NHL regular-season hockey to a part of Canada that would otherwise have no chance to see it.

TORSTAR NEWS SERVICE

The arenas

• Ice Edge has been in discussion with arena managers in Saskatoon and Halifax. No formal deal is in place but the group favours Saskatoon's

Credit Union Centre which is expanding its seating capacity for hockey to 14,750 from 11,300. The Halifax Metro Centre seats 10,500.

From YouTube to the Olympics?

MATTHEW WUEST
matthew.wuest@metronews.ca

ATHLETICS Literally billions of videos have been uploaded to YouTube through the years, but Justin Darlington may be the only uploader whose video gets him to the Olympics.

The Ajax, Ont., native made a name for himself on the Internet when he posted videos of his basketball slam-dunking artistry.

Blessed with an unheard of 50-inch vertical leap, the six-foot-four street-baller can put his head over the rim and pull off moves that make NBA stars look like amateurs.

High-jump coach Daniel St-Hilaire, based in Mon-

tréal, stumbled upon those same videos by fluke earlier this year when he typed in "slam dunk basketball" on YouTube.

"For five minutes, I was hypnotized," St-Hilaire said. "I froze in front of the video. I said, 'I need to talk to this guy.'"

"First, he showed me how high I would have to jump to get into the Olympics. I laughed at him."

Justin Darlington

The 21-year-old Darlington had spent two years travelling the world under the nickname 'Jus Fly,' putting on shows and entering dunk contests

to earn a living. But when St-Hilaire asked via Facebook to meet him, things changed.

"I said, 'Why not? I'll hear what he has to say,'" recalled Darlington.

"First, he showed me how high I would have to jump to get into the

Olympics. I laughed at him."

But Darlington went along with St-Hilaire. After a couple of training sessions, he jumped 1.95 metres. After a couple more, he jumped 2.10 and placed fifth at nationals.

To put it in perspective, Canada's best high-jumper this year clears 2.25 and the Olympic standard is 2.30.

"In my 37 years in this sport, I've never seen a progression like that so quickly," raved St-Hilaire.

Darlington, a two-foot dunker who is still adjusting to the one-foot takeoff of the high jump, plans to stick with it.

"Why not?" Darlington said. "If I keep progress-

ing the way I am, this could easily take me to the Olympics."

The first step is to get government funding by jumping 2.17 three times by October.

It's a tough task, but he barely missed 2.15 at nationals and is getting better by the day.

"If he gets that, it would be the first time in the history of Canadian sport that a guy with so little training gets the carding minimum," St-Hilaire said. "He has unlimited potential."

SCOREBOARD

MLB

AMERICAN LEAGUE
YESTERDAY
Boston 8 Oakland 3
Kansas City 5 Baltimore 3
Minnesota 4 White Sox 3
N.Y. Yankees 11 Tampa Bay 4
Texas 5 Detroit 2
Cleveland at L.A. Angels
Toronto at Seattle

TODAY
Toronto at Seattle
Kansas City at Baltimore
N.Y. Yankees at Tampa Bay
Oakland at Boston
Detroit at Texas
Chicago White Sox at Minnesota
Cleveland at L.A. Angels

NATIONAL LEAGUE

YESTERDAY

Chicago Cubs 5 Houston 1 (13
ings)
Cincinnati 6 San Diego 4
N.Y. Mets 7 Colorado 3
St. Louis 6 L.A. Dodgers 1
Washington 14 Milwaukee 6
Philadelphia at Arizona
Pittsburgh at San Francisco

TODAY
Atlanta at Florida
Colorado at N.Y. Mets
San Diego at Cincinnati
Houston at Chicago Cubs
Washington at Milwaukee
L.A. Dodgers at St. Louis
Philadelphia at Arizona
Pittsburgh at San Francisco

CFL

THURSDAY
Montreal at Edmonton

FRIDAY

B.C. at Hamilton

SATURDAY

Winnipeg at Toronto
Saskatchewan at CALGARY

MLS

TOMORROW
All-Star Game
At Sandy, Utah
Everton FC vs. MLS All-stars

SATURDAY
Toronto FC at New England
D.C. United at Houston
Kansas City at FC Dallas
Real Salt Lake at Chicago
Columbus at Colorado

Tour winner has no love for Lance

Tour de France winner Alberto Contador found the time he spent off the road with Astana teammate Lance Armstrong tougher than the race itself, the Spaniard said yesterday. "My relationship with Lance Armstrong is zero," Contador told a news conference, where he was given a hero's welcome. **METRO NEWS SERVICES**

sports **9**

Nolan's story one of perseverance

RICHARD WOODBURY
for Metro Canada



Ted Nolan's first pair of hockey skates were size six, but his feet were size three.

This was just one chal-

lenge the former NHL player and coach faced during his upbringing on the Garden River Ojibwa First Nations Reserve, just outside of Sault Ste. Marie, Ont.

"I still get shivers in my spine when I speak to kids at schools about going to school when you're hungry, coming home and there's not too much food in the fridge, not having electricity, bathing

in a tub in the wintertime and going to outdoor toilets until you're 17 years old. It was very tough."

But he wouldn't change anything about it, he says. Nolan remembers the good times of traditional pow-wow dancing and drumming, as well as hunting and fishing.

He is currently the vice president of hockey opera-



Ted Nolan

tions for the AHL's Rochester Americans.

Despite having only played house league growing up, Nolan went on to play junior hockey for the Sault Ste.

Marie Greyhounds.

It was the first time he encountered racism.

"I still remember crying myself to sleep night after night for the first two months I was there, wondering why

people would treat people from a different race that hateful. What did we do so wrong?"

But he didn't quit. Never giving up is a message Nolan has always preached.

"Believe in yourself and work. Don't just believe, you also have to work and persevere. If it doesn't work one way, then find another way. I always believed will beats out skill."

Beside motivational speaking, Nolan also gives back through his

FocusOn FirstNations

foundation. He started the Ted Nolan Foundation as a way of paying tribute to his mother. She was killed by a drunk driver in 1981. "It took me almost 10 years to even discuss it," he says.

The Foundation became a registered charity in 2004, but started as a golf tournament in the late 90s. The Foundation provides scholarships for First Nations women to pursue post-secondary education.

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Massa recovering from life-threatening injuries

FERRARI Injured Formula One driver Felipe Massa has been brought out of an artificial coma, was taken off a respirator and has been able to communicate with his doctors and family representatives, his doctors said yesterday.

"His condition has improved significantly over the past 24 hours and he remains stable," Lajos Zsiris, the chief surgeon of Hungary's defence

forces told a news conference. "We have ended sedation and took him off the respirator."

"He's sleepy, but has been able to reply to questions and has been able to move his limbs adequately."

Brazilian Massa fractured his skull in an accident during qualifying for the Hungarian Grand Prix on Saturday when he was hit just above his left eye

by a bouncing spring, weighing almost a kilogram, that broke free from compatriot Rubens Barrichello's Brawn car.

Doctors said Massa, last year's championship runner-up, may have also suffered an eye injury, but could not yet tell the extent of any possible damage.

Dino Altmann, Massa's personal physician, said the Brazilian's condition

was reassuring.

"He's awake, he has been answering questions, he has been asking what has happened to him," Altmann said on the sidelines of the news conference.

Altmann said the Massa family is happy with the care the injured driver was receiving at the military hospital Aek and moving him was not currently on the agenda.

REUTERS

Sports in brief

BURRESS Manhattan's district attorney says he wants former Giants wide receiver Plaxico Burress to serve time in prison, the New York Post reported yesterday. Robert Morgenthau told the newspaper that Burress, who shot himself with an unlicensed gun in November, was willing to agree to spend a year in jail, but prosecutors insisted on two.

BASEBALL Cleveland Indians manager Eric Wedge and pitcher Winston Abreu were suspended and fined yesterday

after the reliever plunked a Seattle hitter over the weekend. Abreu received a three-game ban less than a month after he was traded to the Indians and Wedge was suspended for one game. Neither opted to appeal the ruling.

SOCCER Canadian goalkeeper Pat Onstad has pulled out of tomorrow's MLS all-star game because of a strained back. He will be replaced by Zach Thornton of Chivas USA.

METRO NEWS SERVICES

U.S. bank shares rose yesterday after a surprisingly large increase in U.S. new home sales and positive analyst comments increased investor optimism that the worst may be over for the troubled sector. Commerce Department data showed an 11 per cent increase in home sales in June, the biggest gain in eight years, to a still low 384,000 annualized pace. **REUTERS**

Spike in U.S. new home sales fuels optimism

Business

DOLLAR	GAS	OIL	TSX
 US 92.50¢ US 0.16¢	 US \$3.582 US 11.3¢	 US \$68.38 US 33¢	 10,757.43 69.53

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ericsson sees robust margin at Nortel unit

Telecom equipment maker Ericsson said yesterday it expected the wireless assets to be acquired from Nortel Networks Corp to produce a double-digit operating margin this year.

The deal, expected to close in the third quarter, will generate synergies in

sales, services and research and development, said Ericsson chief financial officer Hans Vestberg during a conference call.

Vestberg, who is due to become chief executive at the turn of the year, said he agreed that the wireless acquisition could show an

operating margin of more than 10 per cent this year.

The Swedish company said on the weekend it had won an auction to buy the wireless assets of Nortel in a \$1.13 billion US deal.

The company beat two other bidders — its smaller rival Nokia Siemens Net-

Within a year

- Ericsson said it expected the Nortel transaction to have a positive effect on its earnings within a year of closing the deal.

works and private equity

firm MatlinPatterson.

Research In Motion, the Canadian company that makes the BlackBerry smartphone, was also chasing a deal for the Nortel technology but has said Nortel effectively blocked its approach, valued at \$1.1 billion US.

Nortel said RIM had refused to comply with confidentiality provisions that other bidders had agreed to follow.

RIM is expected to use a bankruptcy court hearing today to voice its objections about the bidding process. **REUTERS**

Financials boost TSX amid hopes for recovery

STOCKS Toronto's main stock index moved higher for a third straight session yesterday, helped by economic recovery hopes that lifted the financial group.

Similar to Friday's session, financials were responsible for propping up the TSX index — with a healthy 2.23 per cent gain — while six of the other main sectors fell.

Steady optimism triggered last week by the Bank of Canada's declaration that the recession was

over has buoyed the financial sector,

which has risen nearly seven percent since the rosier outlook was announced. Eight of the 10 most influential gainers were from the financial group. Insurers were among the biggest winners, with Manulife Financial up 5.72 per cent at \$26.05, while Sun Life rose 8.79 per cent to \$37.98.

"It's primarily the financials ... the oils and the materials seem to have faded on us here," John Kinsey, Caldwell Securities

Insurers were among the biggest winners, with Manulife Financial up 5.72 per cent at \$26.05, while Sun Life rose 8.79 per cent to \$37.98.

"It's primarily the financials. They're putting on a good show today but the oils and the materials seem to have faded on us here," said John Kinsey, portfolio manager at Caldwell Securities Ltd.

The heavyweight energy group eked out a 0.17 per cent gain as prices rose amid strong U.S. homes sales data. **REUTERS**



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Japan Charge!



A Nissan employee demonstrates the charging system for the company's new electric vehicle yesterday in Yokosuka, south of Tokyo. Nissan will unveil the vehicle's interior design Aug. 2.

Imperial's Edmonton refinery running as usual after outage

ENERGY Imperial Oil Ltd. said yesterday its Strathcona refinery in Edmonton is producing fuel at its usual rates following a power outage more than a week ago that contributed to tight gasoline supplies in the region.

The 187,000 barrel a day refinery was one of two plants in the Edmonton

area knocked off line in power outages during a severe electrical storm on July 18, and had to go through a restart process lasting several days. The other refinery affected was Petro-Canada's 135,000 barrel per day Edmonton plant. The company is assessing the level of damage from the storm. **REUTERS**

Business in brief

AUTO Opel's labour force demanded a greater say in selecting a future investor for the German carmaker and called on former parent General Motors to forgo any right to buy back a stake. In a statement

from all four works council chairmen in Germany, two regional IG Metall union leaders and three others, the representatives threatened not to help cut costs at Opel unless they had more involvement. **REUTERS**

business 11

Your Money

EDITOR: NINA.DRAGICEVIC@METRONews.CA

The baby budget

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

I am seeing babies and big bellies everywhere. On Saturday at my local farmer's market I constantly negotiate with one or the other between basil, beets and blueberries.

And since such markets tend to be intimate affairs I can't help overhearing the conversations of parents-to-be chatting with new moms and dads.

A frequent comment goes something like this. "We're excited but a little concerned about managing on my mat leave pay." As I cast my eye to the nearly full term tummy I'm thinking: Uh oh, a little late to start worrying.

The best way to prepare for maternity leave pay is to try it out long before the joyous day arrives. If you get in the habit of spending less to accommodate a lower income, you won't find it as much a hardship later on.

Start with the budget template on my site, alisongriffiths.ca. For income, use mom's mat pay (assuming it is mom who will be on leave) together with the partner's take-home income.

Don't forget to increase existing take home to factor in the additional tax deduction of a new dependent.

As you fill out expenses you will quickly see where you need to cut back in order to keep the bottom line a healthy black.

Of course, with two full-time incomes currently you should now have a sur-

plus! Stash it in a baby account to be used for emergencies during maternity leave. On the other hand, if you are laden with debt, devote the surplus to paying it down. With a number of months of boosted payments you can make a big dent in what you owe. Lower debt means lower stress for new parents.

The discipline of living on a "baby budget" in advance also offers you some post-mat leave flexibility.

Alison's Money Rule:

- If a new family is in your future, prepare for it financially before the wee one is even a sparkle in Dad's eye by living on a baby budget.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Car Insurance Myth #4:

If I have tickets or accidents, I will always pay a lot for car insurance.

Truth:

There are some drivers with tickets or accidents that are actually paying LESS than drivers with clean driving records. Certain insurance companies target this type of risk and have competitive rates. The trick is finding those companies.

How Can This Be?

Meet Joe and Larry, who are brothers. Joe was paying \$2,345 for his car insurance and Larry was paying \$1,767. Both are identical twins, live in the same city and drive similar cars, but Larry has two tickets and an accident, and yet he is paying a lower premium. How can this be?

One of the reasons is that Larry shopped around for his car insurance and found a company with competitive rates for his driving profile, whereas Joe wrongly assumed the rate he had with his insurance company was as low as he was going to find by looking around.

There are many, many cases just like this where users with clean driving records are paying more than another, similar driver with tickets and accidents.

How Do I Get The Best Rates?

The single best way to ensure that you are getting the best rate on your car insurance is to shop around.

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key to finding the best rate for you is to figure out which insurance company can offer the best rate for your driving profile. Chances are you are not insured with the company that offers the best rate for you right now. But finding the best rate on your own can be time consuming, right? Wrong. This is where InsuranceHotline.com can help.

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RATE COMPARISON				InsuranceHotline.com finds this rate for drivers!
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Clean Record	\$958	\$2,213	\$1,255	
1 Ticket	\$1,018	\$2,552	\$1,534	
1 Accident	\$1,849	\$3,753	\$1,904	

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There's twice the chance that teens and young adults will become smokers if they watched a high number of movies in early adolescence with characters smoking, according to a study in Pediatrics. **BEST HEALTH MAGAZINE**

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Breaking down communication

The J Spot

Josey Vogels

metronews.ca/thejspot

You want to talk about it. He would rather stick a hot poker in his eye. You keep prodding. He leaves the room.

According to a new study in the June 2009 edition of the journal *Personal Relationships*, this kind of "demand-withdraw" communication is depressing, literally.

In relationships where a pattern develops when one spouse wants to continue discussing a marital disagreement even after the other spouse has tried to end the discussion by say, changing the topic or leaving



According to a new study, both men and women can be equally lousy communicators.

ing the room (usually with the other spouse not far behind, still yakking), the study found increased levels of depressive symptoms (increased sadness, fatigue, poor sleeping and eating behaviours).

Interestingly, however, contrary to the stereotype (one I've in fact perpetuat-

ed with the above example), it's not always the woman pursuing and the man distancing.

According to the study's findings, when it comes to "demand-withdraw" communication within their relationship, husbands and wives both reported that they and their spouse took on the "demander role" and "withdrawer role" equally.

In other words, both men and women can be equally lousy communicators.

Given the impact this kind of communication clearly has upon one's mental health, it's in any couple's interest to invest some time in improving their communication style.

One of the best exercises I've ever encountered to help couples improve their communication is something called "mirroring." It's a bit like that telephone game you played at birthday parties as a kid. One partner says something to the other, and the other repeats it back and then asks if they got it right. If he or she didn't, the first partner clarifies what they said, and you repeat the exercise until the first partner is satisfied that the second partner has clearly understood.

In this way, instead of pushing each other's buttons, you're both listening and feeling heard — in other words, communicating.

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9. Resveratrol **stimulates anti-aging enzymes**.
10. Resveratrol **protects nerves and brain function**.



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Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Bloom to skip future Pirates movies

Orlando Bloom is bowing out of any future Pirates of the Caribbean sequels to spend more time with his girlfriend, Victoria's Secret model Miranda Kerr. "Orlando loved the films but thinks it's time to bow out," a source tells News of the World. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

The best of Incubus

Monuments And Melodies a collection of hits and rarities

KEITH CARMAN
for Metro Canada

Controversy sells. With many bands lacking musical integrity these days, that's the principle thrust behind pushing albums off of store shelves. The more spotlight you can bring to a musician's personal life or public misdemeanours, the more cash it generates for label pockets.

Occasionally though, some bands still sell music based on merit. Such is the case with Calabasas, Calif.-based alternative rockers Incubus. Spreading their metal/modestly hip-hop-influenced attack for almost 20 years, the band comprised of vocalist/guitarist Brandon Boyd, gui-

tarist Mike Einziger, drummer Jose Pasillas II, bassist Ben Kenney and turntables/sampler Chris Kilmore are hot for their sounds, not their sensationalism.

Case in point: Latest effort, the double-disc package *Monuments And Melodies* (Epic) entered the world at No. 5 on the Billboard 200 chart. When was the last time you heard about a fracas in the Incubus camp?

Well, you haven't. Initially calling a temporary hiatus on the band in 2008 to explore personal ventures, less than a year later, the outfit is already back with a greatest hits affair. After 20 years, most bands are itching to get away from each other. For Incubus though, they were going

nuts without one another. "A year for us is almost too much," Boyd admits of the downtime. "We missed each other. We're individuals but we've been so close over 18 years, to take a year away feels like four. This is why we're here on Earth — to make music. We can take breaks, but we can't stay away for long."

Getting the wheels rolling, the band jumped into forging *Monuments And Melodies*, a means of respecting obligations to their label/artist relationship, but also to shake off the stagnancy of their creative juices while gearing up to work on a seventh full-length due in 2010.

Aspiring to escape typical greatest hits trappings — simply pilfering from

previously released material — Incubus worked diligently to create something different, resulting in two discs, one featuring the band's 13 most popular tunes and a second, more introspective effort compiling rarities, B-sides, soundtrack cuts, alternate song versions, three previously unreleased songs and a cover Prince's *Let's Go Crazy*.

"We knew what was going on the record," notes Boyd. "The hard part was deciding if it was the right time to do it and if so, how were we going to do it? ... It's beyond redundant to put out a greatest hits record that it's almost comical for a band to turn in a sequenced album of songs that everyone already has in this day and age."



Harris picks Ed
Vancouver resident Jillian Harris chose technology consultant Ed Swiderski over business developer Kiptyn Locke in last night's finale of *The Bachelorette*.
METRO NEWS SERVICES



Monuments And Melodies, a two-disc compilation album by alt-rock act Incubus, was released last month.



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Fast & Furious
Director: **Justin Lin**

IT'S VA-ROOM déjà vu for Vin Diesel and the gang, reunited for the implausible fourth in a series of gas-guzzling movies. Diesel, Paul Walker, Michelle Rodriguez and Jordana Brewster spin their wheels to a mad-dening degree. Director Justin Lin and screenwriter Chris Morgan, who last teamed for *The Fast and the Furious: Tokyo Drift*, waste precious momentum on re-connecting Diesel's Dom and his tough-chick girlfriend Letty (Rodriguez) with rogue FBI guy Brian (Walker) and his jilted gal Mia (Brewster). Add to this a ho-hum tale of drug smuggling and heartbreak payback, and you could probably play a few games of *Grand Theft Auto* while waiting for it all to get into gear. When the rubber hits the road, shots are so CGI heavy and the editing so choppy as to render the results both ludicrous and incomprehensible.
Peter Howell/for Metro Canada

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/28/09	primetime	267 351 - ACCESS	Alberta Primetime (Live)	Cupid	Law & Order: SVU	Monk (N)	America's Got Talent (N)	Primetime		
		243 317 3 CFCN	Corner Gas	Hollywood	News	CSI: NY	Criminal Minds (HDTV)	News		
		- - 4 OMNI	Two/Half Men	The Simpsons	News	The Simpsons	The Simpsons	King	Metropolis	
		- 371 5 KXLV	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Superstars (Season Finale) (N)	Better Off Ted	Bachelorette	
		245 306 6 CBRT	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)	CBC News: The National	The Hour	
		244 338 7 CICT	ET Canada	Entertainment	NCIS "Recoil"	NCIS "Knockout" (HDTV)	Big Brother 11 (N)	News Hour	News Hour	
		246 - 8 CKAL	Law & Order: SVU	The Bachelorette (N)	Hel's Kitchen	Hel's Kitchen	More to Love (N)	Your City	Your City	
		119 705 9 CBFT	Des squelettes	Tout	Beautés désempées (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou	TJ Alberta	TJ Alberta	
		- - 10 SHAW	(6) Local Programming				Local Programming			
		- 372 12 KREM	News	Hollywood	The Doctors	NCIS "Knockout" (HDTV)	Big Brother 11 (N)	Medium		
news	news	- 374 14 KSPS	NewsHour With Jim Lehrer	Nova (HDTV) (DVS)	Nova scienceNOW (N)	Wild! "Predator Bay" (DVS)	Wild! "Predator Bay" (DVS)	Appalachia		
		502 395 10 CBC	CBC News: The National	The Third Sex	CBC News: The National	CBC News: The National	CBC News: The National	The Third Sex		
		- 370 16 KHQ	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune	America's Got Talent	Law/Ord SVU		
		- 373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Hel's Kitchen (N)	News		
		297 652 37 WPX	Hitched or Ditched	PIX News at Ten Tong	Anderson Cooper 360 (HDTV)	Showbiz Tonight	Sex and-City	According-Jim	Fraser	
		500 509 29 CNN	Larry King Live (N)	Nancy Grace			Larry King Live	Cooper 360		
		508 502 31 CNET	Jane Velez-Mitchell				Jane Velez-Mitchell	Nancy Grace		
		400 400 21 TSN	2008 World Series of Poker	SportsCentre (HDTV) (Live)	In This Corner		Boxing: Maidana vs. Ortiz	Tyson's Hits		
		408 418 27 net	MLB Baseball	MLB Baseball Toronto Blue Jays at Seattle Mariners. From Safeco Field in Seattle.	Final Score	Final Score	Final Score	Sportsnet Con.		
		410 403 30SCOR	World Poker Crown	Ghost Hunters	Jacked!	Jacked!	Dog the Bounty Hunter	Survivorman	Ghost Hunters	
sports	sports	411 457 44 OLN	Survivorman	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	
		417 406 48SPEED	Super Bikes!	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	
		552 543 20 YTV	iCarly	Jimmy Test	Jimmy Test	6TEEN	6TEEN	Futurama	American Dad	
		557 541 39 FAM	Zoe 101	Reba	Hope & Faith	Hope & Faith	Home Improve.	Home Improve.	Reba	
		555 545 67 TOON	Ben 10	Johnny Test	Big Comfy	Zigby	Max & Ruby	Backyardigans	Ni Hao, Kai-lan	
		575 583 11 CMT	Reba	Maggie-Beast	Big Comfy	Zigby	Babar	Better Off Ted	Better Off Ted	
		553 546 17 TREE	Little Bear	El News	Ruby	Ruby	EarthWatch One	EarthWatch Two		
		- - 18 CHTV	The Insider (N)	EarthWatch One	Style by JURY	Style by JURY	Style by JURY	Style by JURY	Style by JURY	
		505 398 19 TWN	(5) EarthWatch One	Style by JURY	Style by JURY	Style by JURY	Style by JURY	Style by JURY	Style by JURY	
		602 568 23 W	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Little Couple	Little Couple	Little Couple	
family	family	521 560 24 TLC	Hel's Kitchen	Good Eats	Good Eats	Iron Chef America	Unwrapped	Unwrapped	Unwrapped	
		603 561 25 FOOD	Hel's Kitchen	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)	
		615 522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits	Painkiller Jane	Every Second Counts (2008, Drama)	Trading Sp		
		601 562 33 SLICE	Rich Bride, Poor Bride	Rich Bride, Poor Bride	ET Canada	Til Debt-Part	Real Housewives OC	Private Life (1983, Comedy)		
		- 633 34 EN2C	School Ties	(7:35) Drive, She Said ** (1998)	Up the Academy ** (1980, Comedy)	Against the Elements	Without a Trace	Who Is Cletis		
		520 505 35 DISC	Against the Elements (N)	Deadliest Catch (N)	Daily Planet	Law & Order	Seinfeld	Deep Impact ** (1998, Drama)		
		626 512 36BRAVO	Saturday Night Divas	Freddie Mercury	Freddie Mercury	Freddie Mercury	Freddie Mercury	Freddie Mercury	Freddie Mercury	
		294 650 40 WPHC	Deep Impact ** (1998, Drama)	Robert Duvall, Tea Leoni, Elijah Wood.	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	
		626 547 41 COM	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	
		- 539 42 TCM	The Prisoner of Zenda	The Little Hut ** 1957, Romance-Comedy	The Little Hut ** 1957, Romance-Comedy	(9:45) All the Brothers Were Valiant (1953, Adventure)	Against the Elements	Without a Trace	Who Is Cletis	
cable variety	cable variety	628 584 43 SPIKE	Ways to Die	Ways to Die	Ways to Die	MANswers	MANswers	MANswers	CS: Crime Scene Instgtn.	
		622 516 45 HIST	To Build a Nation	NCIS "Shari Returns"	NCIS "Shari Returns"	Lost Worlds	To Build a Nation	Star Trek: Next Gener.	Trek: Voyager	
		627 528 46SPACE	Torchwood	Clear and Present Danger *** (1994, Suspense) Harrison Ford, Willem Dafoe.	Power Play "The Mask"	Tube Tales	Tube Tales	Seinfeld	Raymond	
		- - 47 AMC	(6) Out for Justice (1991)	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	
		619 525 49 TROP	North of 60	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	
		600 564 50 HGTV	SarahCottage	Genevieve	Genevieve	Genevieve	Genevieve	Genevieve	Genevieve	
		501 391 52 CTV	CTV News Tonight	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News	
		504 508 70 BNN	Taking Stock	Market Call	Market Call	Market Call	Market Call	Market Call	Market Call	
		526 507 92 VIVA	The Closer "Dumb Luck"	Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy	Missing	
		269 350 93 APTN	Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	From the Spirit	The Rez	Short Cuts	
cable variety	cable variety	571 581 100 MMM	I'm a Celebrity, Get Me Out.	Entourage	Gene Simmons	The Daily Fix	One Tree Hill	Greek	MuchVibe	
		570 580 101 MM	Greek	Video on Trial	disBand	One Tree Hill	MTV Live	Live W Lauren	Super Sweet	
		581 566 102 MTV	16 and Pregnant "Mac"	Daddy's Girls	Daddy's Girls	MTV Live	Live W Lauren	Super Sweet	Daddy's Girls	

critics' corner

Dog the Bounty Hunter
In this episode, Duane "Dog" Chapman has his heart squeezed by his latest target: Mona Lisa. Dog's Mona Lisa is a young woman whose fast and loose lifestyle has gotten her into some hot water. Since his own daughter Barbara recently died in a high-speed car accident, Dog is determined not to let Mona ruin her life. 3 PM on OLN



NCIS
Not all the sparring is in the ring as NCIS Director Leon Vance "borrows" Gibbs' team for an investigation of his own into the murder of a boxer who was a friend, prompting Gibbs to dig for more information on Vance's past. Paula Newsome and Obba Babatundé guest star in "Knock-out." 9 PM on CICT KREM

More to Love
Luke Conley, 26, a college football player-turned-subcontractor and real estate investor, is a husky guy seeking romance with a full-figured woman comfortable in her own skin. Will he find her in this new dating competition show from Mike Fleiss? Maybe, maybe not, but with 20 voluptuous ladies vying for his attention, he's bound to have fun trying. 10 PM on CKAL KAYU

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14 entertainment

Celebrity Buzz

MJ friend, not father?

CLARIFICATION Omer Bhatti is not Michael Jackson's secret son, female-first.co.uk reports.

The 25-year-old Norwegian dancer has reportedly denied he was Jackson's biological child and says the pair were just "best friends."

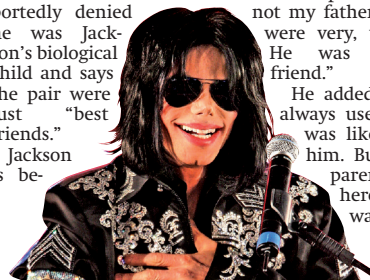
Jackson is be-

lieved to have told friends in 2004 he was Bhatti's biological father.

According to Britain's Sunday Mirror newspaper, he told a pal: "Michael is not my father. He and I were very, very close. He was my best friend."

He added: "Michael always used to say I was like a son to him. But my true parents are here in Norway."

METRO NEWS SERVICES



What about your family, Michael?

GOOD POINT As Michael Lohan becomes Jon Goselin's new advisor, sources tell People the Lohans wish he'd focus on his own family and pay child support — a debt Michael disputes.

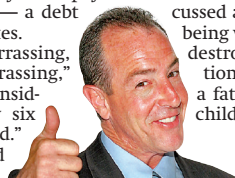
"It's embarrassing, he's embarrassing," said a Lohan insider. "He's now six months behind."

A second

source said: "Over \$12,000 is due, and it's in the hands of collections now."

Michael, however, denies the debt. "This is typical of what Jon and I discussed about spouses being vindictive and destroying a relationship between a father and their children," he said.

METRO NEWS SERVICES



The Jackson-Hilton connection

CELEBRITY CONNECTIONS Paris Hilton insists that she was the inspiration for the name of Michael Jackson's daughter.

"My mom and Michael went to high school together and they were best friends since they were 13," Hilton told Extra. "So I grew up knowing Michael very well and when he had his daughter, he always loved the name Paris and grew up being an uncle to me. So he asked my mom if it was OK and, of course, she said yes."

"I think Paris is such a beautiful little girl and I'm proud we have the same name."

METRO WORLD NEWS



GETTY IMAGES



Metro Calgary is seeking an aggressive, results-oriented Outside and Inside Advertising Sales Representative to service the Fashion and Retail industry.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. Primary responsibilities will be the Entertainment Vertical.

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To Apply:

Cover letter required. Please specifically state the position you are applying for and how your experience, skills/abilities, education and training match this position.

Please send your cover letter and resume by email to:

Chris Mackie, Advertising Sales Team Leader

chris.mackie@metronews.ca

Subject: Sales Rep at METRO

give hope — one step at a time

Thousands of Canadians are touched by ovarian cancer, including Olympic champion Elizabeth Manley, who lost her mother to this terrible disease. Help save lives and join us on the road to hope, in 14 communities across Canada, September 13th 2009.

Ovarian Cancer Canada

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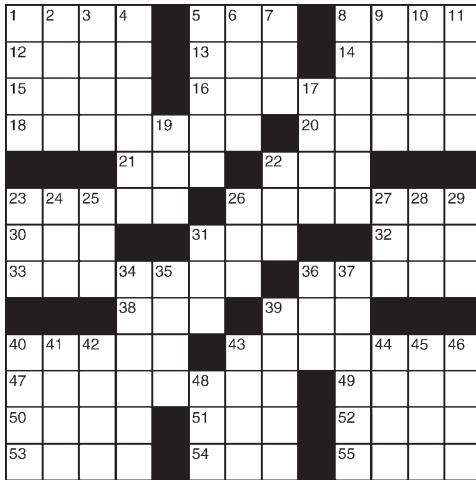
in support of Ovarian Cancer Canada Cancer de l'ovaire Canada



Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



ACROSS

- 1 Recipe meas.
- 5 Salt Lake tribe
- 8 Sound of longing
- 12 Back
- 13 Gun toters' org.
- 14 Radius neighbour
- 15 Plankton component
- 16 Puns and such
- 18 Hefner magazine
- 20 Takes a break
- 21 A billion years
- 22 Scratch
- 23 Chic again
- 26 *NSYNC or Menudo
- 30 Raw rock
- 31 Chip accessory
- 32 Modern prefix
- 33 Exquisitely neat
- 36 Trust
- 38 Hearty brew
- 39 Unruly bunch
- 40 Extremist
- 43 Grandstand

- accommodation
- 47 Driver's protector
- 49 Hodgepodge
- 50 Wan
- 51 "Gosh!"
- 52 Discourteous
- 53 Raced
- 54 Hooter
- 55 Evidenced a wound

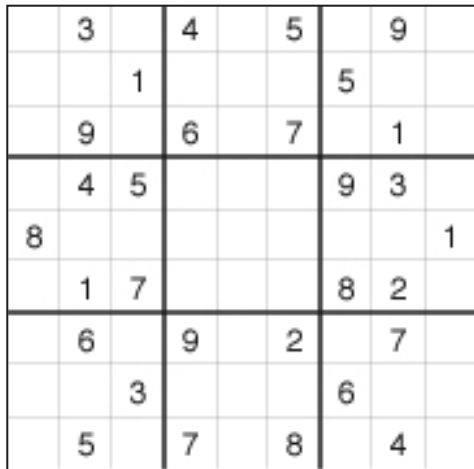
DOWN

- 1 Snare
- 2 Telephone inventor
- 3 Long story
- 4 Orison
- 5 Yet to be achieved
- 6 Helen's home
- 7 Listener
- 8 Excellent
- 9 Troubles
- 10 Summertime pest
- 11 Robert of "Air-planet!"
- 17 Wagon
- 19 Ghost's call
- 22 Swab the decks
- 23 Filch from
- 24 Historic time
- 25 Sawbuck
- 26 Jazz cornetist
- Beiderbecke
- 27 Blackbird
- 28 Butterfly catcher
- 29 Homer's interjection
- 31 Buck's mate
- 34 Moved quickly
- 35 Spill the beans
- 36 Henhouse threat
- 37 Soak up
- 39 Roadside stopover
- 40 Letter delivery grp.
- 41 Bound
- 42 Yarn
- 43 Huffed and puffed
- 44 Hebrew month
- 45 Staffer
- 46 Pigeon —
- 48 Id counterpart

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca



Metro Recipe of the Day



Beef and Beet Coleslaw Sandwich

INGREDIENTS:

- 1/3 cup (75 ml) light mayonnaise
- 1 tbsp (15 ml) wholegrain mustard
- 4 large whole wheat rolls
- 1 1/2 oz (50 g) watercress or arugula leaves
- 10 oz (300 g) lean rare roast beef, thinly sliced
- 7 oz (200 g) red cabbage, finely shredded
- 1 small red onion, thinly sliced
- 5 oz (150 g) cooked beets, peeled and coarsely grated
- 1/3 cup (75 ml) low-fat natural yogourt

METHOD:

1. In large bowl, mix mayonnaise and mustard. Split rolls in half and spread

- bottom half of each with this mayo and mustard mixture.
2. Top bases with watercress or arugula and divide slices of roast beef among them.
3. In same bowl as used for mayonnaise, make coleslaw by mixing red cabbage, red onion and beets. Add yogourt and stir to coat. Pile coleslaw on top of beef, season with freshly ground black pepper, then put tops of rolls back on. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Others will want to do things for you today, and who are you to refuse a helping hand?



TAURUS
APRIL 21-MAY 21
If there is something you want today, something that only a particular person can give you, then come right out and say so.



LIBRA
SEPT 23-OCT 23
No matter how busy your schedule may be, you must make time for your friends and your family.



SCORPIO
OCT 24-NOV 22
A remark you toss into a conversation might not be meant seriously but someone will take it that way, so watch what you say.



GEMINI
MAY 22-JUNE 21
You will find it amazingly easy to express yourself, and as a result relationships generally, and affairs of the heart in particular, will go very well indeed.



CANCER
JUNE 22-JULY 22
Something you hear when you really should not have been listening will start a train of thought that leads you in some interesting directions.



SAGITTARIUS
NOV 23-DEC 21
Something will happen today that makes you wonder if there are things going on behind the scenes that you should know about.



CAPRICORN
DEC 22-JAN 20
Money matters and business issues are under favorable stars and there is reason for optimism as far as your wealth situation is concerned.



LEO
JULY 23-AUG 23
You seem to know what others are going to say before they actually put their thoughts into words, which is kind of creepy but useful too.



AQUARIUS
JAN 21-FEB 18
It might be best to make your excuses and leave if you find yourself being dragged into a dispute that really has nothing to do with you.



VIRGO
AUG 24-SEPT 22
You seem to have withdrawn into your shell a bit of late, which is understandable as the Sun is transiting the most sensitive area of your chart.



PISCES
FEB 19-MARCH 20
Find ways to get everyday chores out of the way quickly today. The best way, of course, is to get others to do the boring stuff for you.



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Immigration Consulting Group
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Sept. 1-30 • 1 wk.

\$1419

Taxes & fees: \$278
Please add \$50 for Sat. & Sun. departures

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Phoenix
Our newest destination
Save **\$100**
per person¹

Las Vegas

Flamingo

Las Vegas • 3 1/2 ★

Deluxe rm.

Sept. 21, 28, Oct. 5 & 12 • 3 nts.

2 for 1 show tickets & much more

\$299

Taxes & fees: \$184

Punta Cana via Toronto

Occidental Grand

Punta Cana • 4 ★

All-Inclusive • Junior suite

Sept. 5-27 • 1 wk.

Upgrade to Royal Club luxury rm.
for \$229 per person

\$759

Taxes & fees: \$327

Cancun / Riviera Maya

Occidental Grand Xcaret • 4 1/2 ★

All-Inclusive

Supersaver deluxe rm.²

Sept. 12 • 1 wk.

\$769

Taxes & fees: \$286

Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm.

Sept. 12 • 1 wk.

\$849

Taxes & fees: \$286

Santa Clara

Barceló Cayo

Santa Maria • 4 ★

All-Inclusive • Junior suite

Aug. 2-23 • 1 wk.

\$959

Taxes & fees: \$218

Meliá Las Dunas • 4 ★

All-Inclusive • Standard rm.

Aug. 9-23 • 1 wk.

\$1029

Taxes & fees: \$218

Puerto Vallarta

Dreams Villamagna

Nuevo Vallarta • 4 1/2 ★

All-Inclusive

Junior suite tropical view

Nov. 7-Dec. 12 • 1 wk.

\$1239

Taxes & fees: \$273

DEAL to EUROPE

London

Barkston Gardens • 3 1/2 ★

Breakfast

Standard rm.

Sept. 6, 16, 19, 20 & 22 • 1 wk.

\$1099

Taxes & fees: \$476

DEAL on CRUISES

Royal Caribbean International³ Adventure of the Seas®

Southern Caribbean

Flights to San Juan via Montreal

All meals included

Interior stateroom, cat. N

Dec. 20 • 1 wk.

\$1759

Taxes & fees: \$247

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